



City of Somerville

September 2021

## Council on Aging News

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### *This September we celebrate National Senior Center Month!*

The history of the senior center can be traced back over 75 years to when New York City introduced the first center to offer educational, recreational and case management services to the older adults within their community. Although centers have undergone numerous changes since their inception, in Somerville, we remain steadfast to the goal of providing you with an integrated array of social, health, recreational and educational programs!

This September we celebrate you, and our centers,  
with a Box-Lunch Pick-Up.

**Monday, September 13, 2021**  
*beginning at 10:30 am*  
**Ralph & Jenny Senior Center**  
**9 New Washington St.**

*While we aren't able to share lunch together, we hope you can stop  
by for this fun treat!*

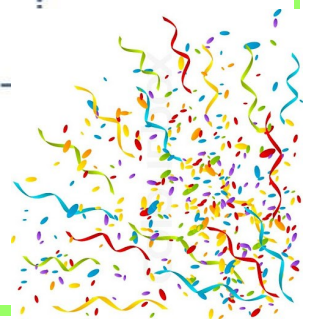
*To enjoy a boxed lunch, please RSVP to Connie  
at 617-625-6600 ext. 2319*  
**Masks Required**



## Thank You to our Mini-Celebrations Sponsors

Throughout the month of August, the CoA traveled around the City bringing boxed lunches to our older residents. At 15 different locations, residents were treated to a delicious boxed lunch, raffle prizes and had the opportunity to try their hand at the wheel of chance!

Thank you to our sponsors who helped make these mini-celebrations possible!





## Congratulations to our Mini-Celebration Raffle Winners

Ted E.  
Joan C.  
Tim S.  
Ed S.  
Miguel R.  
William D.  
Terry M.  
Raphael P.  
Alicia G.  
Lee T.  
Maria P.  
Eladida M.  
Peggy B.  
Helio S.



## *Nutrition with Mary Marshall*



Have you slipped back into your old habits of dining out or grabbing fast food on the way home? The pandemic forced many of us to cook and eat at home. While it's nice to be able to dine out again, cooking at home can still be important. There really are some financial, health, and time benefits to consider:

It's cheaper to eat at home. Consider the cost if you were eating at home vs. in the restaurants; add in the price of gas, tips, and service fees.

It's more healthful to eat at home. When you cook at home you have more control over what goes into your foods. You can watch the type and amount of fats and limit the added sugars and salts in foods you cook yourself.

Maybe cooking isn't your thing. There are a plethora of television shows and videos as well as on-line classes that might make you more excited about the idea of cooking. Try to view a few classes on basic cooking and meal planning.

Worried about all the shopping and planning time? Perhaps try one of those complete food kits delivery services. They do the planning and shopping and you do the cooking. It may not save you money, but it can expand your tastes and your home cooking skills.

As we get back to school, work and a "different normal", take time to consider cooking at home. Evaluate what you're doing now and think about what goals you can set to make cooking at home a positive priority.

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### *Nutrition Classes are now available in-person*

*Mondays at 1:00pm  
Ralph and Jenny Senior Center  
9 New Washington St.*

*or*

*Wednesdays at 10:00am  
Holland St. Center  
167 Holland St.*

*New and returning members are welcome!*

*To RSVP please call Mary at 617-625-6600 ext. 2316 or email her at  
headtofitness10@yahoo.com*



## Create a Decorative Flower Pot during our in-person craft session

Tuesday, September 21st  
10:30am  
Ralph & Jenny Center

Crafting materials will be provided; cost is \$3 per person.

Please RSVP by calling Debby at 617-625-6600 ext. 2321 or email her at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

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### *Prevention Corner from Somerville Prevention Services*

#### **September is National Recovery Month**

Recovery Month is a time for us to remember those lost to opioid-related overdoses and to continue to spread awareness about the importance of overdose prevention and recovery from substance misuse.

In 2020, 14 of Somerville residents passed away from an opioid-related overdose. Prevention Services will be planting flags to represent each of these residents in front of Somerville City Hall. We will also be posting information on overdose prevention on our social media (Instagram: @somervilleprevention) to continue to spread awareness around this topic. We hope that you will join us in supporting efforts around reducing substance misuse in our community by wearing or displaying purple throughout September.

We also encourage you to keep eye on the youth in your life as they go back to school. While it is exciting to be returning to social gatherings and seeing friends, youth may also experience more exposure to substance misuse during this time. Make sure to continue to talk with the youth in your life to encourage them to make informed choices around substance misuse. If you have any substance misuse concerns, please call the Massachusetts Substance Use Helpline at (800) 327-5050.

#### **Did you know?**

Somerville Prevention Services was awarded the OD2A Grant Project in partnership with the Cambridge Public Health Department. We partnered with the Somerville Homeless Coalition & Fenway Health to provide opioid-related overdose prevention trainings to individuals experiencing homelessness and/or housing instability. From July 1, 2020 to June 30, 2021, we were able to reach 89 individuals!

## ***Social Services with Natasha Naim***



### ***Open Enrollment Begins October 15th***

Once a year, from October 15th to December 7th, Medicare recipients are able to change their health insurance plans for January 1st of the following year. While having the freedom to change your health insurance plan can save you money, there are many health insurance plans and companies to choose from. You don't have to make the decision alone, the Somerville Council on Aging has SHINE Counseling available in person, over the phone, or on Zoom to assist you with finding out what health insurance options are available for you. You can call Natasha at 617-625-6600 ext. 2317 to book an appointment.

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**To RSVP to the following programs please call Natasha Naim at 617-625-6600 ext. 2317 or e-mail her at [nnaim@somervillema.gov](mailto:nnaim@somervillema.gov)**

## **Mental Health Awareness Series**

On ***September 14th from 11:30am-12:30pm*** the Somerville Council on Aging, in partnership with Roberta Robinson from Cambridge Health Alliance, is continuing our Mental Health Awareness series. *Please note that this event currently only meets online.*



## **Book Club**

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***Friday, September 17th from 10:00 am -11:00 am*** *The Murderbot Diaries* by Martha Wells will be discussed.

***Group meets in person at 167 Holland St. and concurrently via Zoom.***

## **Caregiver Check-In**

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***Tuesday, September 28th from 11:30 am-12:30 pm via Zoom***

Are you a caregiver for a loved one and want to connect with other caregivers?

Would you like to discuss the joys and challenges of caregiving? The Somerville Council on Aging is hosting a monthly check-in via Zoom-all caregivers are welcome to attend.

## Music and Munch

Wednesday, September 29th  
from 12:00pm-1:00pm

Join us online via Zoom, or by phone, to learn, sing-along, relax and enjoy some music while you munch.

To RSVP, call Debby at 617-625-6600 ext. 2321 or email her at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

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## Men's Group

*Starting Tuesday, September 7th from 10:30am - 11:30am  
at the Holland St. Center*



Our popular men's group will be returning the first Tuesday of the month to in person programming this September. New and returning members are welcome.

*Please RSVP to Norbert at [ndeamoto@hotmail.com](mailto:ndeamoto@hotmail.com)*

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## Join us for Weekly Bingo and Grab n' Go Lunch!

Starting the week of **September 28th** and continuing on *Tuesdays at 10:00 am at the Ralph & Jenny Center* and on *Thursdays at 10:00 am at the Holland Street Center.*

Participation is limited.  
Grab n' Go lunch available following Bingo.

To register please call Debby directly at 617-625-6600 ext. 2321 or email her at [dhiggins@somervillema.gov](mailto:dhiggins@somervillema.gov)

### ***In-person Exercise Schedule:***

*Fit-4-Life* Mondays and Wednesdays, in-person, inside, starting the week of September 20th at the Holland Street Center 9:00 am and 11:00am

*Walking Club* meeting at the Holland Street Center  
Fridays at 9:30am

*Music and Movement* at the Holland Street Center  
Thursday, September 16th at 4:00pm

### ***Virtual Exercise Schedule:***

#### *Fit-4-Life Classes*

Virtual, via Zoom  
Mondays, Wednesdays and Thursdays at 1:00pm

#### *Ageless Grace*

Virtual, via Zoom  
Every Tuesday at 1:00pm

#### *Yoga with Janine*

Virtual, via Zoom  
September 14th and 28th at 10:00am



City of Somerville

## **Council on Aging**

167 Holland Street  
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617-625-6600 ext. 2300